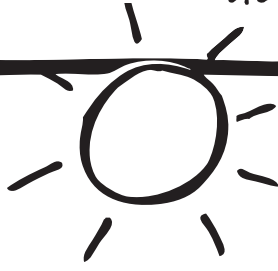


Good days and bad days



I'm at home.

I wake up (and get up) nice and early, about 6:30. I tend to feel good in the morning.

I'm feeling good enough to dress myself and help as much as possible getting breakfast ready.

Eating breakfast outside in the sunshine gives me a real boost for the day. Even better if it's a runny poached egg on toast with a strong cup of tea.

Seeing Rachael, my daughter, in the morning is very pleasing as I'm normally at my best then.

Seeing Paul, my son, and the kids (Millie and Tom) is a real bonus. Talking to them over old family photos is sentimental and blissful.

A walk along the canal is uplifting, especially in the sun - though any weather will do (maybe not snow as I do feel the cold).

A filling lunch listening to the radio is occupying, especially if the cricket is on, if not, classic FM does the job.



I have a disturbed night. I often can't sleep that well.

I'm normally only good in the morning so if I get up late and still feel tired, I tend to have a bad morning, and therefore a bad day too.

Everything is done for me and I feel one step behind everything. Time passes me by, and I feel worthless.

No visits from my family.

I don't get to go out, even for a short walk.

My breakfast and lunch are cooked by someone else who doesn't know how I like my eggs or over-cooks the greens.

Nothing interesting is on TV or the radio. Even worse, no one asks if I want it on.

I can't get to bed or rest in the afternoon. Or visitors arrive unexpectedly. I might like who it is, but not at that time.

I don't get a chance to tell a story or have some fun.

I don't get to listen to Nina, and no one asks.

Support Joseph to get up at 6:30 each day.

Support Joseph to cook his own food as much as possible, or at least go by his instructions on how he likes things done.

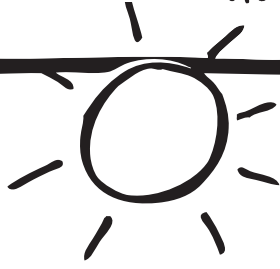
Make a list of Joseph's favourite meals and – importantly – how he likes them cooked.

Make sure there is opportunity to go out each day, making sure Joseph gets chance to walk along the canal.

Help keep visits to the morning and keep them to a minimum in the afternoon.

Where safe, Joseph always has time on his own, in the bath.

Good days and bad days



A rest straight after lunch is welcoming. Dozing off in front of the TV is good. Any test match proves to be very calming and usually sends me off straight away!

I generally like quiet afternoons, only interrupted by the lovely Nina Simone. If I can't make it to the stereo, then I appreciate a helping hand to put this on.

Later a nice bath helps soothe my muscles and nerves, and it's nice - whilst helping me get ready for bed - when my supporter talks to me about old times and we manage a laugh or two and maybe sing a song. I like going to bed with a smile on my face.



I'm particularly anxious and need full assistance in the bath - no me time.

I go to bed feeling low.

Ask if Joseph wants the TV or radio on. Remind him if there is cricket on.

Make sure Joseph gets to listen to Nina Simone each day. If he has forgotten, just ask if he wants to listen to her.

Make time to talk to Joseph about his life, being a husband, cricketer, his love of music and family.

Make time to laugh, have fun, particularly before he retires to bed.